



Food— MAKE IT SAFE!

Keep everything clean

- ▶ Wash your hands and your child's hands before preparing or eating food.
- ▶ Wash fresh fruits and vegetables carefully before cooking them or giving them to your child to eat raw.
- ▶ Wash dishes thoroughly in hot soapy water.

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Prepare foods properly

- ▶ Always cook foods thoroughly.
- ▶ Thaw frozen foods in the refrigerator or under cold running water – NEVER thaw frozen food on the counter or in a bowl of standing water.
- ▶ Serve hot foods hot and cold foods cold.

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Store foods safely

- ▶ Serve cooked foods in the fridge within 2 days.
- ▶ Store raw foods below cooked or ready-to-eat foods in the refrigerator.
- ▶ Cover and refrigerate or freeze extra cooked foods right away. NEVER leave it on a counter to cool.